

Living

Health Topic: Heart Health



How Healthy Is Your Heart?

Coronary Artery Disease (CAD), which develops when plaque builds up in your coronary arteries, is the most common form of heart disease in the U.S. It can lead to angina (chest pain that occurs when not enough oxygen is getting to the heart), an irregular heartbeat, a heart attack or even heart failure. February is American Heart Month. Are you doing all you can to prevent CAD?

What are the risk factors for CAD?

When it comes to CAD, there are both risk factors you can control and ones that are out of your hands, such as your age, gender, race and family and personal cardiac history. The ones you can control include:

- Blood cholesterol and blood pressure
- Whether you smoke
- Weight and your physical activity level
- Management of diabetes, if applicable

How can I keep my heart healthy?

Regardless of your current heart health, there are steps you can take to maintain or improve your current health. These include:

- Maintaining a healthy diet, managing your weight and exercising regularly
- Managing your blood pressure and cholesterol
- Not smoking – or quitting if you do
- Managing prediabetes and diabetes, if applicable

- Controlling stress and limiting alcohol
- Taking medications as prescribed
- Visiting your doctor regularly

What are the symptoms of CAD?

You should speak with your doctor if you have any of the following:

- Chest pain
- Shortness of breath
- Weakness or dizziness
- Palpitations and a quickened heartbeat
- Nausea
- Sweating

Learn more about CAD

Interested in learning more about CAD and what you can do to prevent or manage it? Group members are invited to join us for our February Wellness Webinar “At the Heart of Health” taking place **February 10, 2016**. Details are available via your account representative.

Source: National Institutes of Health



NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <http://www.nj.gov/njwell/>.

Please Note: Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional.

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